

Forum:[Hack Forums](#)

Thread: [Free Personal Training Advice \(Workout Regimens and Diets\)](#)

Pat. - September 18, 2011, 5:20 pm

Ok so I have seen many people trying to sell e-books on how to get fit and wanted to contribute to HF! I will provide workout regimens, diets, and other info for free. I have taken Human Performance classes and trained freshmen for a couple years and think that selling the idea " to get fit quick " is messed up. So please don't hesitate to ask any questions.

Please ignore MR. 10 he is just jealous that his muscles are not big as mine =)

Los Pollos - September 18, 2011, 5:28 pm

I want to increase my strength. I am a noob that has never lifted before. Please give me a diet, and workout.

Pat. - September 18, 2011, 5:35 pm

Ignore the hater, If you need this please PM me.

Poop - September 18, 2011, 6:39 pm

I want to lose weight but bulk up at the same time. How exactly would I go about doing so?

Thanks.

Pat. - September 18, 2011, 6:56 pm

Hi, to do this you would have to start eating a balanced diet, and start a weight training program. Please Pm me! I will critique you a program that fits your lifestyle.

Los Pollos - September 18, 2011, 7:09 pm

(Sep 18, 2011 06:56 PM)Patrasta Wrote: [\[CITE\]](#) Hi, to do this you would have to start eating a balanced diet, and start a weight training program. Please Pm me! I will critique you a program that fits your lifestyle.

LOL. no shit sherlock. you also need to breathe and make sure you remember to take a shit.

Pat. - September 18, 2011, 7:22 pm

Please stop flaming my thread, get over it. Go crawl under a rock and leave me alone.

Poop - September 18, 2011, 7:25 pm

Great service. He just gave me a whole week's schedule/routine for my workout and some tips. Looks great.

Thanks a lot man (:

Pat. - September 18, 2011, 7:26 pm

Thanks Poop i hope you experience the gains i did. Please don't hesitate to PM me for any more questions!!!

Los Pollos - September 18, 2011, 7:35 pm

(Sep 18, 2011 07:25 PM)Poop Wrote: [\[CITE\]](#) Great service. He just gave me a whole week's schedule/routine for my workout and some tips. Looks great.

Thanks a lot man (:
have fun doing pushups lol. brb doing bodyweight calf raises

Pat. - September 18, 2011, 7:37 pm

I actually critiqued him a full workout routine. No pushups involved all free weights! Please PM me if you are interested HF members! And calf raises jeez you must be strong lol!

Mr. Chow - September 19, 2011, 3:18 am

(Sep 18, 2011 07:09 PM)Mr. 10 Wrote: [\[CITE\]](#) LOL. no shit sherlock. you also need to breathe and make sure you remember to take a shit.

Stop being a fucking cunt, hes trying to help people. Thanks bro, did a whole week workout routine for me :)

Pat. - September 19, 2011, 3:40 am

No problem man you know you can hit me up for any questions! Please people don't hesitate to ask for some advice!

Scotland - September 19, 2011, 8:02 am

Vouch for Patrasta! Got a full explanation of what I should be eating and doing to lose weight! All the information is correct and well written! Thanks man!

Pat. - September 19, 2011, 8:05 am

You are very welcome my friend. Please pm me for any further assistance!

iPhone - September 19, 2011, 6:50 pm

I have pmed u and I need your help.

Pat. - September 20, 2011, 7:03 am

(Sep 19, 2011 06:50 PM)iPhone Wrote: [\[CITE\]](#) I have pmed u and I need your help.
Sorry I was Sleeping. Just answered your PM, Enjoy!

Å¢? øf ???d?s - September 20, 2011, 2:48 pm

Legit advice. Knows what he's talking about. Gave me some of what I already knew (not his fault), and some of what I didn't. Gave me good reference links and easy to follow advice. (Sep 18, 2011 07:09 PM)Mr. 10 Wrote: [\[CITE\]](#) LOL. no shit sherlock. you also need to breathe and make sure you remember to take a shit.

Seriously, you have no clue what you're talking about. Quit failing. Seriously. You even -repped him for no reason whatsoever. This guy actually knows what he's talking about, is literate, patient, and good at giving tips and advice that are easy to understand.

iPhone - September 20, 2011, 4:00 pm

Op is very helpful and i am going to try the advice he gave me.
Thanks :)

Pat. - September 20, 2011, 6:31 pm

Thanks guys I really appreciate the vouches, enjoy the advice!

Mystic - September 21, 2011, 8:48 pm

B_umping this for OP, i am sure people will appreciate the free advice.

ebonie101 - October 31, 2011, 9:31 pm

this is really cool! i been looking for something like this. i pm'ed you

